GRAPEVINE
VISITACION·VALLEY

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Cooler Summer Weather in Visitacion Valley

Valley residents enjoyed cooler weather this summer while most of the West Coast endured warmer temperatures.

Home Ownership for Minorities at All-Time High

WASHINGTON - America's minority home ownership rate set a new all-time record of 48.8 percent in the second quarter of 2001, with 13.2 million minority families owning their homes, Housing and Urban Development Secretary Mel Martinez said recently.

The overall home ownership rate of 67.7 percent tied the all-time record high. A total of 72.3 million American families owned their homes in the second quarter of this year – the most at any time in American history. The new 67.7 percent home ownership rate ties the previous all-time record set in the third quarter of 2000.

"Even with this new record, minority home ownership continues to lag significantly behind the near-historic national average. While more than two-thirds of Americans own their own home, fewer than half of African-American and Hispanic families are homeowners," said Martinez. "We must do more and this administration is committed to doing more."

The Bush Administration is proposing several initiatives to increase housing opportunities for all Americans, particularly minority families and those with special needs. For example, the President is proposing a $200 million American Dream Down Payment Fund and is expanding the Section 8 Home ownership Program to help low-income families overcome the initial costs of buying a home.

The American Dream Down Payment Fund will help low-income people with their down payment on a home of their own. By directing $1 billion into the American Dream Fund over the next five years, HUD's goal is to bring home ownership to 650,000 low-income families.

The President's budget also includes a Renewing the Dream tax credit to encourage investors to develop housing for low-income families. This tax credit will help build 100,000 new homes in low-income areas over the next five years.

HUD is also seeking authority to allow FHA to offer low-income families a hybrid adjustable- rate mortgage, reducing families' initial home ownership costs by combining a low fixed rate in the early years with a rate that later adjusts with the market.

HUD is the Bush Administration's lead agency in reaching out to faith-based and community organizations across the country as they work to build home ownership opportunities. The President is proposing to triple funding to faith-based and self-help programs like Habitat for Humanity as a means of expanding home ownership opportunities for low-income and minority Americans. HUD funding of such programs would increase from approximately $22 million to more than $66 million.

"Home ownership is a powerful tool in building pride in our communities," Martinez said. "It plays an important role in creating strong neighborhoods by turning tenants into community stakeholders. We must continue to work with our local communities to make the American Dream a reality for all who seek it."

The new record rate of minority home ownership in the second quarter of 2001 is 0.3 percentage points higher than last quarter and 1.2 percentage points higher than the second quarter of last year.

The home ownership rate for Black, non-Hispanic households also set a new record of 48.6 percent, an increase of 0.4 percentage points over the previous quarter and 1.4 percentage points higher than a year ago. As a result of this growth, there are 6.3 million non-Hispanic, Black families who now own their homes.

Other, non-Hispanic households (including American Indians and Alaska Natives, Asians, Native Hawaiians, and other Pacific Islanders) also reached a new record-high home ownership rate of 55.2 percent in the second quarter. This represents an increase of 0.6 percentage points over the first quarter and 0.8 percentage points from the second quarter a year ago.

Studies have shown that homeowners accumulate wealth as the investment in their homes grows, enjoy better living conditions and are often more involved in their communities. Studies show children in homeowner households tend to do better in school and are less likely to become involved in crime. Communities benefit from real estate taxes homeowners pay and from stable neighborhoods homeowners create.

Free Training for Disaster Preparedness

Learn how to protect yourself, your family and neighbors in case of an earthquake at a free Disaster Preparedness Training class beginning Wednesday, Sept. 19 at the CCSF Southeast Campus, 1800 Oakdale Ave.

Classes begin at 6:30 p.m. and run for six consecutive weeks through Oct. 24.

They include:

*Class #1: Earthquake Awareness, Preparedness, and Hazard Mitigation
*Class #2: Basic Disaster Skills
*Class #3: Disaster Medicine
*Class #4: Light Search and Rescue
*Class #5: Team Organization and Management
*Class #6: Hands-On Training

Call (415) 558-3459 to register.

Study Suggests That Classroom Design Can Affect Student Performance

The next time you drop your child off at school ask yourself this: "Does my school make the grade?" According to a recent national survey of teachers, classroom design may affect student learning.

The study consisted of a survey conducted by Beth Schapiro & Associates, a research firm based in Atlanta, Ga., given to 1,050 public school teachers across the country. Of the teachers surveyed, only 18 percent gave their classroom an "A" for design; however, 92 percent of the teachers believe that classroom design has a strong impact on students' learning and achievement. These statistics demonstrate that teachers believe there may be a direct link between classroom design and student performance.

Ninety-nine percent of the survey respondents believe that school design is important for creating a good learning environment in their classrooms, 89 percent believe it is important for teacher retention, and 79 percent believe it is important for student attendance. Because students and teachers spend most of their time in school, interior design is important for making their school experience a positive one. A school should be a place in which the students and teachers can feel comfortable.

Design Features That Count

Safety, comfort, lighting, and acoustics top the list of design features that the teachers surveyed believe impact the learning environment of their classrooms.

A classroom that minimizes the risk of accidents is essential for the safety of students. For example, carpet in the classroom helps prevent slips and falls, and protects students from injuries.

Comfortable seating and workspaces allow the teacher to expand the learning area and be more creative in her approach to teaching. It also gives the students more flexibility around the room and a higher level of comfort.

Natural light combined with artificial light can brighten a room and stimulate the teachers and students, whereas windowless classrooms that have only artificial light can make students feel tense and cause eyestrain.

Carpet can create a quiet environment with good acoustics, which helps students concentrate on what they are learning.

In addition, 88 percent of teachers surveyed believed that having attractive colors, textures, and patterns on the floors and walls is an important design element. *NAPS*

New Meetings in Visitacion Valley For Third Street Light Rail Project

New meeting dates have been scheduled for the Third Street Light Rail Project to update construction sequencing and related traffic and parking impacts of the project.

Construction of the Third Street Light Rail Project was divided into geographical areas along the Third Street and Bayshore corridor.

Two Visitacion Valley construction outreach meetings covering Segment F (from Bayshore and Hester to Bayshore and Sunnydale) have been scheduled for both Sept. 12 and Nov. 8 from 6:30 to 8:30 p.m. at the Visitacion Valley Community Center Children's Center at 50 Raymond Ave.

For Segment E (Third and Donner to Bayshore and Hester), two meetings are also scheduled for Sept. 27 and Oct. 23 at the Southeast Community Center's Community Room at 1800 Oakdale Ave. Contact the Third Street Light Rail Project Hotline at (415) 703-6655.

Neighborhood Day at Herz Playground

Visitacion Valley's annual Neighborhood Day will take place Saturday, Sept. 22 from 11 a.m. to 3 p.m. at Herz Playground.

Many organizations are expected to participate in the fourth annual event, which will also feature live entertainment and culinary delights.

Having now become a Valley tradition, Neighborhood Day got its start four years ago when organizers were looking to replace the then annual Visitacion Valley Street Festival with a more culturally oriented event that would greatly enhance participation from the surrounding community. The Street Festival had been held each May since 1984.

The first Neighborhood Day was held on May 16, 1998 at both Visitacion Valley Elementary School and the adjacent playground as part of a day-long celebration which culminated that afternoon with the implosion of Geneva Towers.

Healthy Kids Make Better Learners

by Wanda Jung

After a long summer vacation, children throughout San Francisco have retumed to classrooms for the new school year. And with the start of a new year, students are faced with an exciting range of opportunities. A science class could inspire a future doctor. A writing project could expose a high school student to the world of joumalism. Or a math class could excite a student to pursue a career in engineering. But as students start the new year in classrooms all over the City, will each child have the same opportunity to succeed?

Unfortunately, no.

For children without health insurance, too many obstacles may get in the way. Too often, parents delay getting their child the medical attention he or she needs because they cannot afford to pay for a visit to a health clinic or a doctor's office. This means that minor medical problems turn

into serious ones, impacting how well children do in school. Uninsured children are six times more likely to go without needed medical, dental, or other health care than children who have insurance.

Fortunately, two state-sponsored health insurance programs and a new one just created by the City will help most parents living in San Francisco make sure that their children get the health insurance and medical care they need to stay healthy and succeed in school and beyond.

San Francisco Cares for Kids is the new program that was.created to provide health, dental and vision insurance to undocumented children and many other children who are not eligible for the state-funded programs. The program, pending State approval, is slated to begin January 1, 2002. However, parents can get more information about this program today by calling 1-800-288-5555.

For information about the two state-sponsored health insurance programs – Healthy Families or Medical for Children – parents can call 1-800-300-9950.

Studies show that healthy kids make better learners and do better in school. We hope that parents will take advantage of these state and city-sponsored health insurance programs to give their children the best opportunity to succeed.

Wanda Jung is Medi-Cal Program Manager at the San Francisco Department of Human Services and is alsa the Chair of the Bringing Up Healthy Kids Caalitian.

SLUG Youth Program Graduates 50 Interns

The San Francisco League of Urban Gardeners (SLUG) graduated 50 teens from its summer youth employment program, the Youth Garden Internship (YGI) on Aug. 16 at the St. Mary's Urban Youth Farm on Alemany Boulevard. Featurd at the event was the opening of the new Alemany Greenhouse.

Each year, SLUG's youth programs provide young people from disadvantaged communities in San Francisco with a unique employment training program.

More than three-quarters of SLUG's youth are from families on public assistance and reside in public housing. The program is heavily focused on helping teens attain basic job readiness skills as well as providing them with gardening and landscaping skills and an awareness of local environmental issues.

This summer's Youth Garden interns spent eight weeks woking to create beautiful and productive community spaces at the Visitacion Valley Middle School garden, Double Rock Public Housing Development garden, outside Juvenile Hall on Woodside Avenue, and native plant restoration work at Heron's Head Park at Pier 98.

Free Shuttle Service In Golden Gate Park

The Golden Gate Park Concourse Authority (GGPCA) began free shuttle service Aug. 18 throughout Golden Gate Park. Service will operate from 10 a.m.to 6 p.m. Saturday and Sunday through Dec.18.

Created to help reduce the amount of automobiles in the park, the Intra-Park Shuttle will provide an estimatcd 50,000 to 60,000 weekend visitors with a convenient method for visiting many park sites without a car.

The Shuttle will also connect with various Muni stops located at the edges of the Park in order to enhance access for locals and visitors alike.

The four-month pilot program will help determine if the public finds the program useful enough to become a permanent addition to the Park. Surveys will be used to gather public feedback and will be integrated into a final recommendation presented the City.

Grapevine Mailbox

Pedestrian Safety In San Francisco

Dear Readers:

As many of you know, last year there were 32 pedestrian involved fatalities that occurred in San Francisco. Deaths are down somewhat so far this year, but people are still being killed and injured in all San Francisco neighborhoods. Now it is up to us to do something about it.

The Pedestrian Safety Project (PSP) of the Department of Public Health can offer support, training, access to public agencies, and even some funding.

The Department of Public Health has recently funded four community agencies to do pedestrian safety in the Haight-Ashbury, OMI, SOMA and Chinatown neighborhoods. We expect to have 10 new grants available by October for neighborhood agencies involved in pedestrian safety efforts, funded by the State Office of Traffic Safety. The amount of the grants will range from $10,000 to $35,000 for one year. The projects can include education, outreach, advocacy (i.e. trying to pass legislation, change rules, etc.), traffic calming methods, and other creative ways to make our neighborhoods safe for pedestrians.

If you would like to know more about the Pedestrian Safety Advisory Council, please feel free to call (415) 554-2567.

Thank you for your help in making San Francisco safer!

Nicamer Tolentino
Pedestrian Safety Project

California's New Crime Wave

How to Protect Yourself Against Identity Theft

by CA Attorney General Bill Lockyer

Despite historic lows in violent crime rates, Californians today are more at risk than ever of becoming a victim of crime. The fastest growing crime wave in our state and America today is the crime of identity theft. An estimated 750,000 Americans per year are victims of identity theft schemes, up from 40,000 in 1992 – an 18-fold increase.

What makes identity theft so devastating is the ease with which criminals can perpetrate the offense and the enormous damage that can be inflicted upon its victims. Thieves can steal wallets, snatch your mail with your bank and credit card statements, complete a "change of address form" to divert your mail to another location, "dumpster dive" for personal data and access personal information you share on the Internet. Once in possession of your identifying details, scam artists can use your credit card or open up a new account. They can drain your bank account, establish phone or wireless service, file for bankruptcy, counterfeit checks or debit cards and take out loans - all in your name. For victims, the trauma and hassle associated with restoring your credit, clearing your name or, in some cases, escaping criminal prosecution can take an average of two years to complete.

My office is coordinating the work of five regional Hi-Tech Task Forces throughout the state to investigate and prosecute identity theft. We are also developing new Identity Theft prosecution units to work with these task forces. But, the single most effective way to fight identity theft is for you to prevent criminals from accessing your personal information.

Taking the following steps will help protect you against identity theft:

Never give out your Social Security number, except when absolutely necessary, such as to your employer.

Do not give out personal information on the phone, through the mail or over the Internet unless you have initiated the contact or know the individual or organization.

Before giving personal data to a company, ask how the information will be used, whether it will be transferred to third parties (mailing lists) and if you can keep your information confidential.

If your bills don't arrive on time, follow up with creditors. An identity thief may have taken over your credit card account and changed your billing address.

*Review bank and credit card statements each month for fraudulent activity. If anything is amiss, immediately report the problem to your bank or credit card company.

*Periodically order your credit report from the three major credit reporting agencies and check for accuracy.

*Deposit outgoing mail in post office collection boxes or at your local post office. Do not leave mail in your personal mail box.

*Put passwords on your credit card, bank and phone accounts.

*Buy a shredder, and use it.

If you should become a victim of identity theft, contact law enforcement and complete a crime report. Report the theft to the three major credit reporting agencies, and ask that your accounts be flagged. Contact creditors with whom your name has been used fraudulently - by phone and in writing. Document and date all your efforts. Continue to check your credit card bills and credit reports. You should also contact the Federal Trade Commission (FTC) at 1-877-IDTHEFT to file a complaint. If you are wrongfully prosecuted for criminal charges due to identity theft, contact the California Department of Justice and the FBI and obtain information on how to clear your name. For civil charges, contact the court where the judgment was entered.

For additional information on how to protect yourself from identity theft, visit our Web site at www.ag.ca.gov or contact the FTC, 600 Pennsylvania Avenue, NW, Washington DC 20580 or at www.ftc.gov.

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Are We Running Out Of Energy Sources?

Recent domestic power shortages-coupled with rising costs for gasoline, natural gas and home heating oil-have reminded us that fossil fuels are finite resources.

According to the American Petroleum Institute, remaining petroleum resources in the United States should last between 40 and 80 years at current rates of production. Technological advances in locating and extracting oil have increased domestic production in recent years and could double the lifespan of our existing fossil fuels. Still, there are many onshore and offshore deposits that remain inaccessible to development because they exist on government-restricted public lands. Because of these restrictions, the United States still imports more than 55 percent of the crude oil it uses.

Outside the United States, the U.S. Geological Survey estimates proven petroleum reserves are at 2.65 trillion barrels, and future discoveries will produce between 1.4 trillion and 2.1 trillion barrels of oil. This amount would sustain the current rate of consumption between 63 and 95 years considering growing worldwide demand.

Technology may provide some answers to our energy challenges. Hybrid vehicles are now available that are powered by a combination of a gasoline engine and electric motor. Alternative transportation fuels such as propane and natural gas are used in a limited capacity to fuel public buses and fleet vehicles in major cities, but cost more than gasoline.

Clean-burning renewable fuels can be produced from sources that regenerate organically. While these fuels are years from becoming economically viable alternatives, it is clear that further study of renewables will lead to energy solutions for future generations.

While alternative energy solutions are being developed, petroleum products will continue to fuel our daily lives. With improving exploration technologies and more efficient refining systems producing more petroleum products than ever before, there's a reasonable assurance that there will be enough to go around. *NAPS*

It's Always a Good Idea to Save Energy

by Francesca Vietor

On account of California's energy crunch – and the huge utility bills we're paying these days - most of us are thinking seriously about ways to use less energy.

Energy efficiency certainly makes good sense in these days of rolling blackouts and stage three alerts, but even when electricity seemed to flow like water we should have been saving kilowatts. If there's a silver lining to the current energy shortage it's this: we might learn some good habits to take with us into better times.

The reasons to save energy go beyond our pocket book. Energy-use has a direct connection to public health issues rights here in the City, and on the planetary scale, each time we turn on a light bulb we contribute to global warming.

Most of the energy PG&E delivers to city residents is generated by fossil fuel-burning power plants located in our Potrero Hill and Hunters Point neighborhoods. That means that whenever anybody in San Francisco uses electricity, the residents of Potrero Hill and Hunters Point pay the price in the form of toxic emissions. And that could lead to asthma, respiratory problems, and even cancer.

So be a good neighbor. Use just what you need.

As for global warming, the Department of Energy tells us that energy-related activities account for roughly 87 percent of annual U.S. greenhouse gas emissions.

These emissions could spell disaster for San Francisco, because climate scientists predict that global warming could cause the sea to rise three feet – which would flood whole city districts and make City Hall into beachfront property. Say goodbye to the Airport, the Marina, and to Pac Bell Park.

Every kilowatt-hour of electricity saved keeps two pounds of carbon dioxide, the most potent greenhouse gas, out of the atmosphere. When we reduce the amount of electricity we use, we help to reduce our overall contribution to global warming, breathe cleaner air - and, yes, we save money.

Now, it's up to us to develop some better energy-use habits. By adopting an energy efficiency plan at home, the U.S. Department of Energy estimates you can reduce energy bills by 10 to 50 percent while reducing air pollution and preserving energy resources.

To begin with, turn off all non-essential lights. If no one's in the kitchen, there's no need to keep the light on. And turn off electrical equipment when it's not in use. If you've got a computer or printer, turn it off if you're going to be away for more than an hour.

Make sure your electric appliances are in good running order and your refrigerator door closes tightly. To avoid rolling blackouts use irons, dishwashers, clothes washers, and dryers only in the early morning or in the evening, and only when you have a full load. When you need to replace your appliances, purchase energy-efficient models. Look for the EnergyStar label.

One very effective energy-saving strategy is to replace the incandescent light bulbs you use most frequently with compact fluorescent light bulbs.

Standard incandescent light bulbs are the gas-guzzlers of the lighting world. They're very inefficient because most of the energy they use becomes heat instead of light.

Compact fluorescent bulbs run cool, and use about 75 percent less energy than a standard bulb. They produce the same amount of light with less wattage, and last up to ten times as long. An individual compact fluorescent bulb costs more than an incandescent bulb, but makes up for the initial expense in bulb replacement costs and energy savings.

Since compact fluorescent light bulbs are designed to fit into standard light sockets, this energy-saving measure can be adopted easily in every home and office.

If we were to replace one million incandescent light bulbs with compact fluorescent bulbs in San Francisco, which is just three per household, we could save enough energy citywide to power 23,000 homes for a year and save a total of $14 million on electricity bills.

This savings also represents 165,000 tons of air pollution that might not get pumped into the air we breathe, ultimately to bring on the worst effects of global warming.

The science of ecology teaches us that everything is connected, and that by taking care of the environment, the environment will take care of us. It's always a good idea to use just what we need, regardless of how abundant or scarce a resource appears, because in the environment every action has a consequence.

And so it is with energy efficiency. By taking care not to waste energy, we become a better neighbor and a more responsible citizen of the Earth.

Francesca Vietor is director of SF Environment, the Department of the Environment for the City & County of San Francisco. To learn more about SF Environment and the City's Resource Efficiency Program, visit: www.sfenvironment.com

Pizza a Family Meal That's Tough to Top

Anyway you slice it, pizza is a great way to get the entire family involved with making dinner.

Pizza has come a long way from its humble origins as a peasant's meal. Experts claim the first modern pizza was made in 1889 to honor Italian King Umberto I and Queen Margherita.

It's said that pizza resembled the Italian flag with its colors of green (basil), white (mozzarella), and red (tomatoes).

Today, homemade pizza made from scratch can be a meal fit for a king and queen, even if you aren't expecting royalty for dinner.

Thought to be an excellent source of protein and vitamins, homemade pizza is inexpensive and offers a chance for everyone to have their say when it comes to the toppings.

It also presents the opportunity for everyone to do their "own thing" together. According to Susan Miller, coordinator and instructor at the Baking Education Center at King Arthur Flour, "Each person can prepare his or her own favorite topping-such as pesto with tomato and olives-and then roll out the dough for an individual pizza."

"If you don't want to heat up the kitchen, get outside and use your grill," said Miller. "Assemble the pizza on a piece of parchment and transfer it to the grill. Pizza cooked outside develops a delicious charbroiled flavor. A fun and friendly meal for weekend company."

Great pizza starts with a great crust and that starts with a biga. Also called the sponge, the word biga comes from a Roman word for the team of horses that pulled a chariot.

Many believe the best pizza dough is made with flour that is high in gluten, such as King Arthur Unbleached All-Purpose Flour or King Arthur Special For Bread. The gluten in these flours helps to make the dough stretch.

Everyone's Favorite Pizza

Starter: ½ cup unbleached all-purpose flour; 1/4 cup lukewarm water; pinch of instant yeast.

Dough: 2 cups unbleached all-purpose flour; 1 heaping tablespoon Pizza Dough Flavor (optional); 3/4 cup water; 2 tablespoons olive oil; 1-1/2 teaspoons salt; 1 teaspoon instant yeast.

Starter: Mix the biga ingredients in a small bowl, cover, and let rest at room temperature overnight.

Dough: In a large bowl, combine the starter and the remainder of the dough ingredients, stirring until the dough starts to leave the sides of the bowl. Transfer the dough to a lightly greased surface, oil your hands, and knead it for 5 to 7 minutes, or until it's supple, but the surface is still somewhat rough. Transfer the dough to a lightly greased bowl or dough-rising bucket, cover the bowl or bucket, and allow the dough to rise for 2 hours, turning it over and gently deflating it after 1 hour.

To make the pizza, preheat oven to 500F. Roll the dough very thin, and place it on a piece of parchment paper cut to size. Top it lightly with your favorite toppings. Don't go overboard with the sauce or toppings-less is more! Using a peel, transfer the pizza (and parchment) to baking sheet, and bake until crisp, 10 to 15 minutes.

Yield: 1 thin 14-inch pizza. *NAPS*

Here's a Way to Test "Euro-pinion"

Which European nation boasts the happiest business executives? Which country do European business leaders expect to show the strongest economic growth this year?

Test your European business savvy in a short quiz and compare your answers to those of 1,500 European business executives from top companies in the tenth UPS Europe Business Monitor (EBM). Visit www.ebm.ups.com for complete survey details.

When executives were asked, "if you could change nationality, which would you be?" almost one in five (18 percent) said they would prefer to be American-more than any other nationality chosen in the survey. However, nearly one-third of executives surveyed (32 percent) said they would prefer not to change nationalities.

As for which country boasts Europe's happiest executives, business leaders said Italian executives are the most content on the continent, followed by their German and French counterparts.

The survey also revealed cautious optimism for Europe's economy. Fifty-seven percent of executives say they expect their company's economic position to be stronger by the end of the year. Furthermore, over half (54 percent) of European business leaders expect Spain to show the strongest economic growth over the next three years.

"We were surprised to hear that, although 2000 was the year the dot-com bubble burst and the stock market fluctuated, top European business figures remain cautiously optimistic about the future of the European economy," said Ed Buckley, director of Marketing, UPS Europe.

The tenth edition of the UPS EBM surveyed 1,477 business leaders from Europe's top companies. Interviews were conducted in Belgium, France, Germany, Italy, the Netherlands, Spain and the UK. Executives interviewed represent companies with average revenues of 1.64 billion and an average employee size of 3,310.

European Business

1) Which country boasts the happiest business executives?

A. Spain B. Germany C. Italy D. Netherlands

2) Which of the following countries is the most desirable for European executives to retire?

A. Greece B. France C. Italy D. Switzerland

3) If European executives had to choose another nationality, which one would it be?

A. Italian B. Australian C. Swiss D. American

4) How many e-mails do most European executives receive each day?

A. Fewer than 10. B. 11-20 C. 20-30 D. More than 50

5) What do executives say causes them the most stress at work?

A. Overload for bureaucracy or paper work B. Commuting C. Technical glitches D. Office politics

6) Which of the following nations do European executives expect to show the strongest economic growth over the next three years?

A. UK B. Greece C. Germany D. Spain

7) Which European executives are the most optimistic about their companies' economic position over the coming year?

A. Belgian B. French C. Dutch D. German

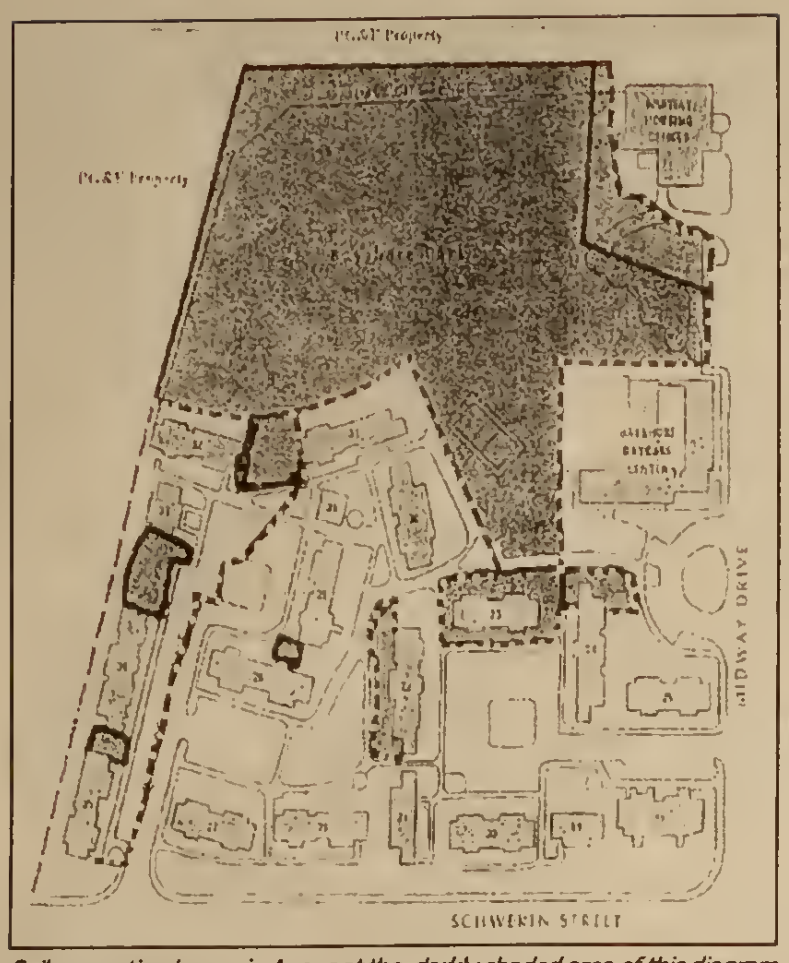
8) Which European executives are the most pessimistic about their companies' economic position over the coming year?

A. Belgian B. French C. Dutch D. German

9) What do executives consider to be the most significant political event to impact Europe over the last decade?

A. Reunification of Germany B. Break-up of the Soviet Union C. Launch of the Euro D. Expansion of European Union to 15 states.

1) C, 2) B, 3) D, 4) C, 5) A, 6) D, 7) C, 8) A, 9) B *NAPS*



Soil excavation began in Augus at the darkly shaded area of this diagram of the PG&E Martin Service yard at Geneva Avenue and Schwerin Street.

Soil Excavation Begins at Midway Village

Following approval by the Department of Toxic Substances Control (DTSC) in July, a revised schedule of field work to excavate and remove contaminated soil at Midway Village and Bayshore Park just south of the City border was scheduled to begin Aug. 13.

Residents from seven buildings of Midway Village were temporarily relocated for up to six weeks during adjacent excavation work, while the entire project is now expected to last though the end of October.

Actual excavation began following mobilization for both Midway Village and Bayshore Park, which included installation of temporary fencing, storage of personal belongings from the backyards where excavation was to occur, utility surveys and potholing, and clearing of excavation areas.

Soil excavation and restoration work, which is taking place between 8 a.m. and 5 p.m. Monday through Friday began in the Midway Village complex and at the southern end of Bayshore Park and is scheduled to continue through Oct. 29 with the completion of irrigation and landscaping activities in Bayshore Park.

Approximately 16,000 cubic yards of soil and debris are being excavated, loaded onto trucks and transported offsite for disposal. Trucks transporting the soil to an offsite landfill are covered and are traveling out through Bayshore Park and onto the PG&E Martin Service Center before proceeding to Bayshore Boulevard. Dust control is also being conducted during working hours.

To minimize generation of any dusts, soils are being kept damp or covered during excavation and while loading onto trucks. Plastic sheeting was also installed over doors and windows of unoccupied residential units where excavations were conducted to minimize potential dust.

From the DA's Office

Arrest for Theft of Funds from City Church

The San Francisco District Attorney's Office announced Aug. 16 the arrest of a former employee of the San Francisco Commission on Aging on charges she embezzled funds from a City church between March and June, 2000.

Elizabeth E. Nunez, also known as Elizabeth E. Leavy, 42, of San Francisco was arrested Aug. 16 in San Francisco by investigators of the District Attorney's Office on an arrest warrant charging her with two felony counts of grand theft and two misdemeanor counts of petty theft. The bail on the warrant was $10,000.

If convicted, Nunez faces a maximum of three years, eight months in state prison, a fine of $22,000 and being ordered to make full restitution.

Nunez is accused of stealing $4,620 while employed by the Commission on Aging and working as a social worker for the Golden Gate Senior Services at the Ingleside Presbyterian Church.

On eight occasions, Nunez deposited into her personal checking account checks payable to either the church or one of three programs the church sponsors.

The programs from which money was diverted include the Thad Brown Boy's Academy, an after-school program or teenage boys, the Ingleside Community Center, which provides community-based training and job placement, and the Ingleside Senior Center, which operates in conjunction with Golden Gate Senior Services and provides services to developmentally disabled seniors.

The checks were from individuals or organizations in support of the church or its programs.

Nunez had worked at the church for the preceding six years. Her duties had included counseling clients, working and participating in activities with them, handling paperwork, and keeping client records.

Perishible Items Pose Serious Health Risk

Learning more about food safety may help protect you from the damage being done by a bacterium known as Listeria monocytogenes.

This bacterium can cause a serious infection in humans called listeriosis, which sickens 2,500 people every year and results in 500 deaths. In pregnant women, foodborne illnesses from this bacterium can result in miscarriage. Also at risk are older adults and those with weakened immune systems.

To reduce illness, the Food and Drug Administration advises that all consumers:

*Use perishable items that are precooked or ready-to-eat as soon as possible;

*Clean their refrigerators regularly; and

*Use a refrigerator thermometer to make sure that the refrigerator always stays at 40 degrees F or below.

Since pregnant women, older adults, and people with weakened immune systems are at higher risk for listeriosis, FDA provides the following advice to those high-risk consumers:

*Do not eat hot dogs and luncheon meats, unless they are reheated until steaming hot.

*Do not eat soft cheese such as Feta, Brie and Camembert cheeses, blue-veined cheeses, and Mexican-style cheese such as "queso blanco fresco."

Cheese that may be eaten include hard cheeses; semi-soft cheeses such as mozzarella; pasteurized processed cheeses such as slices and spreads; cream cheese; and cottage cheese.

*Do not eat refrigerated meat spreads. Canned or shelf-stable meat spreads may be eaten.

*Do not eat refrigerated smoked seafood, unless it is in a cooked dish such as a casserole. Refrigerated smoked seafood, such as salmon, trout, whitefish, cod, tuna or mackeral, is most often labeled "nova-style," "lox," "kippered," "smoked," or "jerky." Canned or shelf-stable smoked seafood may be eaten.

*Do not drink raw (unpasteurized milk) or eat foods that contain it.

To keep food safe from harmful bacteria, follow these four simple steps.

1. Wash hands and surfaces often.
2. Don't cross contaminate.
3. Cook to proper temperatures.
4. Refrigerate promptly.

For more information on food safety, call the FDA at 1-800-FDA-4010 or visit www.cfsan.fda.gov. *NAPS*

Honoring American Heroes

United States military veterans have received one of the nation's highest honors by being commemorated with a new U.S. postage stamp.

Called the Honoring Veterans stamp, is meant to pay tribute to the patriotism and valor of the dedicated U.S. military veterans who have served and continue to serve the country both here and abroad.

According to the United States Postal Service, the stamp recognizes the vital and varied roles veterans have played to ensure peace, stop aggression and provide logistical support during crises.

The stamp features a photograph of the American flag-considered a symbol of freedom and of the patriotic men and women dedicated to protecting it.

Many of the 25 million plus U.S. veterans (almost one in 10 adults) continue to serve America through veterans service organizations (VSOs).

Such organizations work in communities to develop scholarships, youth sports activities and other programs designed to boost civic pride.

In addition, VSOs provide aid to veterans and their families, including assistance with benefits applications and transport to Veterans Affairs medical facilities. *NAPS*

Researchers May Find Answers to Generalized Anxiety Disorder

Thanks to recent research, many people may soon have a lot less to worry about.

This is important because a significant fraction of the world's population is plagued by chronic and excessive anxiety so severe many consider it more disabling than lung disease, sleep disorders, drug addiction or major depression. This is one of the major findings announced at the 154th annual meeting of the American Psychiatric Association by the Global Research on Anxiety and Depression (GRAD) Network, a recently-formed consortium of leading psychiatric epidemiologists and clinical researchers.

Generalized Anxiety Disorder (GAD) is a chronic and debilitating condition characterized by severe and persistent anxiety, worry, tension and hypervigilance. Recent studies addressed GAD's emergence as a social health problem that affects approximately five percent of the population. Perhaps even more disturbing is the finding that less then 20 percent of GAD patients receive proper care, probably because the disorder is so difficult to diagnose.

"GAD is a common, but often misunderstood anxiety disorder that robs sufferers of a normal, healthy life at home and at work," said Ronald Kessler, Ph.D., professor of Health Care Policy, Harvard Medical School. "Although GAD symptoms take a much larger toll than everyday anxiety, patients and physicians largely confuse its signs with those of other disorders, so the overwhelming majority of people with GAD go undiagnosed and undetected."

People with GAD do not simply worry excessively. Unlike normal, transient anxiety, the key characteristic of GAD is the patient's loss of control over worrying. This worry also typically persists for many months, even years, resulting in sleeplessness, irritability and poor concentration. The worry and anxiety associated with GAD are so intense, they may result in severe impairment in virtually all social roles, including personal relationships and the ability to work. GAD often worsens and exacerbates co-existing health conditions, leading to further disorders, disability and demoralization, as well as depression. In fact, GAD often is associated with chronic depression, other anxiety disorders and a wide range of medical conditions.

To help people with this condition, the GRAD Network was formed. Supported by an unrestricted educational grant from Wyeth-Ayerst Pharmaceuticals, its aim is to raise worldwide awareness of the risks and consequences of mood and anxiety disorders such as GAD and to enhance the diagnosis and treatment of GAD among primary care physicians and mental health specialists. *NAPS*

Amy V. Aragon

Professional Bookkeeper

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Book Reviews

Ritalin Not the Answer

A new book confronts and challenges what has become a common practice-giving mood-altering drugs to children diagnosed with attention deficit disorder (ADD) and attention deficit with hyperactivity disorder (ADHD).

Ritalin is Not the Answer (Jossey-Bass, $15) by David B. Stein, Ph.D., explores the negative consequences of medicating children with this stimulant and provides workable alternatives that do not involve drugs.

In his book, Stein, a psychologist, argues that although ritalin may work, it does so at a very high price-physical and psychological side effects.

"Having a child learn correct behavior is the best thing we can do for that child," said Stein. "A pill does not teach correct behavior."

The book gives parents a practical, step-by-step program for helping children learn to control their own thinking and behavior.

Harlem Was His Home

Harlem was the first place Walter Dean Myers called home.

In his autobiography, Bad Boy (HarperCollins, $15.95) Myers remembers Harlem in the '40s and '50s, when Harlem was a magical place, alive with music that spilled onto the busy streets, bright colors and enticing smells, a place you might encounter Langston Hughes, Sugar Ray Robinson and Jackie Robinson.

There's a lot for teens to relate to and identify with in this funny, poignant memoir that reads like fiction.

Growing up, Myers was considered a "bad boy." Always an excellent reader, he was hampered by speech and behavioral problems that affected his grades, year after year, until he dropped out of New York City's prestigious Stuyvesant High School.

Eventually, Myers discovered writing and became the award-winning author of several children's books. Myers is the winner of the 2000 Printz Award for excellence in literature for young adults. He is the author of Monster, the Newbery Honor Books, Scorpions and Somewhere in the Darkness; and Harlem. *NAPS*

Free Wild Rice Recipes

Many people may be surprised to find out that California produces most of America's wild rice. For recipies featuring California wild rice, send a SASE to California Wild Rice Advisory Board, 355 Teegarden Ave., Yuba City, CA 95991 or visit the Web site at www.cawildrice.org. *NAPS*

Efficacy of Nicotine Gum Questioned

A new study suggests that regular chewing gum may be just as effective in helping smokers to quit as nicotine gum, Reuters reported Aug. 15.

In studying smokers – including one group that received nicotine gum, and another given regular chewing gum – psychologists at the University of Glamorgan in Pontypridd, Wales, concluded that much of the benefit from nicotine gum may be the result of a placebo effect.

Smokers may feel better simply because they expect the gum to be effective in helping their cravings, the authors said. "We were pretty surprised at the results," said Dr. Gareth Davies, who led the research project. "There was pretty much no difference between the two groups."

For the study, the researchers recruited 45 smokers who smoked at least 15 cigarettes a day. They were split into three groups. One group was given nicotine gum, another was provided with ordinary chewing gum, while the third was given nothing at all.

The smokers were barred from smoking for a four-hour period. They also had to complete a questionnaire aimed at measuring the strength of their cravings.

The results of the survey indicated that the group that was given nothing to chew had the strongest cravings, while the groups given nicotine gum and regular chewing gum scored the same.

"Nicotine gum and a placebo gum are both equally effective at reducing acute craving for cigarettes," the researchers concluded.

The study's results were presented at the recent British Association of Psychopharmacology meeting in Harrogate, Yorkshire. *Join Together Online*

Should Your Banker be Your Real Estate Broker?

A proposal before the Federal Reserve Board could drastically alter the way consumers shop for a home.

For over 60 years banks have been prevented by law from owning real estate brokerages. This part of what was called the Glass-Steagall Act regulated the financial services industry and served as a check on the power banks have over the interests of consumers.

According to NAR President Richard A. Mendenhall, if the proposed regulation is adopted, banks will build market share by classic monopoly practices. In the end, consumers will pay more: If the recent rise in ATM fees tells us anything, it is that banks will soon find a way to add charges and make the process of buying a home more expensive for the consumer.

The majority of Americans (three in five) do not believe current federal banking laws protect consumers' privacy. A bank-affiliated real estate firm could use confidential information on deposits, borrowing and credit card use to market their other services and products. The confidential nature of the home buying and selling process would suffer.

Said Mendenhall, "In a short time, through sheer market power, a few huge banks could control a significant portion of the real estate brokerage, relocation and management businesses and change our industry for the worse."

Concerns have also been raised that having banks get involved in real estate could create conflicts of interests, with the real estate division serving as nothing more than the marketing arm of the mortgage unit.

Perhaps one of the strongest objections raised against the plan is the lack of experience banks have in the real estate industry. Other than writing a mortgage, banks have little if any experience in helping clients find the property they want.

In many ways, customer service is the heart of the real estate profession. A recent survey showed that when consumers select a real estate agent, only two percent make their decision based on financing issues. *NAPS*

Meth Labs are California's Hidden Danger

by CA Attorney General Bill Lockyer

Every day millions of people go to work unaware of a hidden threat to their health and safety, a potentially deadly threat. The culprit is methamphetamine. The danger lies in the hundreds of clandestine (clan) labs where the drug is cooked.

Methamphetamine is a powerful stimulant which dramatically affects the central nervous system. On the street its known as spced, crank, crystal, and ice. More methamphetamine is produced in California than anywhere.

Toxic chemicals, explosions, fires, bobby traps and armed criminals go hand-in-hand with meth labs. These labs are a recipe for disaster to people who inadvertently stumble onto a lab or live near one.

Fires caused by these labs have killed innocent children and "meth" cookers alike throughout California. Touching these chemicals or just breathing their fumes can cause sickness, permanent injury and even death. One rash act by a meth cooker can also turn our fields and waterways into environmental waste dumps.

Meth labs have been found in hotels, motels, self-storage units, boats, nice homes, shabby homes, in the backs of pickup trucks, picnic baskets, ice chests, in parks, by the road an in many other places.

It is critical that Californians, especially those likely to be the first responders and those working in community setitngs, know how to recognize a meth lab and what steps to take to protect themselves and others. Signs of a possible meth lab include:

*Strong or unusual chemical odors;

*Laboratory equipment (glass tubes, beakers, Bunsen bumers, funnels);

*Evidence of large quantities of cold medications or non-prescription weight loss products;

*Large number of discarded blister packages or plastic bottles with the bottoms cut out;

*Chemical cans or drums in the yard, often with labels painted over;

*Fortifications on houses or outbuildings, such as heavily barred windows or doors;

Anyone who is not a member of law enforcement should take the following steps if a clan lab is suspected:

**Leave the area at once.* Extensive training and protective gear are required before entering a clan lab. Stay at least 500 feet away.

**Contact law enforcement immediately.* Call 911 if you hink you've been exposed to toxic chemicals, or if you believe there is an immediate risk of fire or explosion.

**Notify others who may be in immediate danger.* Do not confront any suspected criminals. Let law enforcement handle all investigations.

Recognizing a lab and steps to take for protection are the subjcct of a new training video: *Meth Labs: The Hidden Danger*, produced by my Crime and Violence Prevention Center in partnership with the California Department od Justice's Bureau of Narcotic Enforcement. Complimentary copies of the video and an informational booklet are being sent to law enforcement agencies, many utility companies and other organizations throughout California. For more information, write the Attorney General's Office, Crime and Violence Prevention Center, 13001 1 St., Suite 1150, Sacramento, CA 95814, or visit www.stopdrugs.org. Together, we can stop the devastation of methamphetamine.

New Community Farmers' Market Soon in Bayview

Grand opening for a new Bayview Community Farmers' Market is scheduled for Saturday, Sept. 8 at Third and Galvez Streets adjacent to Bayview Plaza. Hours of operation will be from 9 a.m. to 3 p.m.

With a mission to provide locally grown produce at an easily accessible location, the Market is a pilot project funded by the Mayor's Office of Environmental Development (MOED) and the U.S. Department of Agriculture.

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Fifty Medical Students Get Drunk for Science

NEW ORLEANS- Everyone knows a sure way to avoid a hangover is to abstain from drinking alcoholic beverages, or at least to drink without overindulging. So why has a Tulane University medical professor conducted a randomized, double blind, placebo-controlled, cross-over study where 50 participating med students got "hammered" at a barbeque and booze bash? What was the doctor looking to find?

The answer to this question reveals some sobering insights into the many misconceptions related to alcohol hangovers. And the reason for the clinical test was to try to find a way to reduce some serious problems.

Dr. Jeffrey Wiese, the physician who led the unique investigation at Tulane is a respected scientific researcher who has conducted extensive prior research on the subject of alcohol hangovers. As a result, he and his medical associates have uncovered convincing data that suggests that America needs a hangover-prevention "pill."

As one of the scientific researchers of *The Alcohol Hangover* published in the Annals of Internal Medicine, July 6, 2000, Dr. Wicse has long believed that a pill that could prevent the deleterious effects of a hangover would greatly reduce tremendous economical and societal costs in America and elsewhere. Why? Because in spite of the fact that many people may consider a hangover just punishment for a night of overindulgence, it is proven that hangovers do not discourage drinking, as people believe. Research shows that hangovers actually encourage more drinking (for example, the *eye-opener*, *hair of the dog*, the morning *Bloody Mary*, etc.).

Plus, hangovers have staggering economic and societal consequences, as well.

In addition to the fact that hangovers actually promote further drinking, the research study points out that $148 billion is lost in the workplace yearly in America due to low productivity and absenteeism due to hangovers (an average of $2,000 per working adult).

Closer to home for Dr. Wiese, a study of college students revealed that 25 percent of college students reported experiencing a hangover in the previous week and 29 percent reported losing school time for hangover recovery. Even more important, the study shows that people with a hangover experience diminished cognitive abilities that "may pose a substantial threat to themselves and others, despite having a normal blood alcohol level." The research also points out that "depression and other psychological disorders are more common in patients with hangover. And, hangover may also be an independent risk factor for cardiac death in patients with cardiac risk factors or coronary artery disease."

It is a fact that hangovers are more common in light-to-moderate drinkers (70 percent) than heavy drinkers. Most people (who drink) do not set out to consume enough to get a hangover when they imbibe socially. But one drink can lead to another and it doesn't take serious overindulgence to wind up with a serious hangover. So, when a company introduced a natural herbal extract formula called HPF (Hangover Prevention Formula), that users said, when taken before drinking, actually prevents a hangover, instead of trying to remedy one, Dr. Wiese was intrigued. He decided to put the preventative two-tone green capsules to the clinical test. If a natural herbal extract could prevent the symptoms of a hangover would it prevent some of the damage that alcohol's toxicity does to the body, as well? It seemed worth finding out. And where could he find more willing volunteers for a test such as this than on a college campus?

Dr. Wiese organized the clinical study and was the lead investigator of the first-of-its-kind test at Tulane. The study took place over three weekends to enable the crossover aspect to occur. The study group, comprised of 50 medical students, was invited (with no coaxing necessary) to a recurring "party" that looked, sounded, and smelled like most any other college barbeque drinkfest – with the exception of strict clinical controls that included: careful participant identification; accurate alcoholic drink metering, monitoring and recording; blood draws; breath tests; and, of course, mandatory limo service.

The morning following the participants' period of intoxication, a test session took place to assess the cognitive function and visual-spatial impairment of the candidates that were administered a placebo and those that were administered HPF Hangover Prevention Formula.

The results of the scientific study are now being un-coded and compiled and will be reported in the upcoming months when completed. In the meantime, anyone interested in more information, or in putting the natural herbal extract to the test, can purchase HPF Hangover Prevention Formula by visiting the manufacturer's website at: www.perfectequation.net. HPF Hangover Prevention Formula can also be purchased by calling 800-720-2970.

The manufacturer, Perfect Equation, Inc., emphatically emphasizes that the product does not prevent intoxication and urges anyone who chooses to drink to never drink and drive.

Some Helpful Ways in Preventing Check Fraud

Inexpensive computer programs, scanners and improved printers and copying machines are increasingly transforming check fraud into a high-tech crime that collectively-costs consumers, businesses and bankers billions of dollars a year.

While financial institutions have initiated training programs and other safeguards to help prevent and detect check fraud, consumers are still the first line of defense when it comes to preventing most fraud. Here are some tips from the experts at America's Community Bankers to help consumers and businesses avoid check fraud:

Consumers

*Never respond to unsolicited requests for your checking account, Social Security or other financial information.

*Safeguard checks at home and on your person; never leave them in your car or workplace.

*Shred unused checks before disposal, even if they are from a closed account.

*Never have your Social Security or drivers license number preprinted on your checks.

*Don't leave large blank spaces in check number or amount lines, as this makes it easier for thieves to alter the amount of the draft.

*When mailing checks, use a heavy envelope or wrap checks in paper to conceal them from view.

*Notify your bank and postal authorities if newly ordered checks or routine bank statements don't arrive in a timely manner.

*Know how many checks you ordered; verify your order and the accuracy of the information on your checks.

*Immediately notify your community bank and file a police report if personal checks, or any checks payable to you, are stolen and close compromised accounts.

*Check your balance periodically and promptly review and reconcile checking account statements for accuracy and fraud.

*Consider shopping elsewhere if the merchant requires your Social Security number to make a purchase.

*If you live in a state that uses Social Security numbers as driver's license numbers, request an alternative random number. Most states can accommodate this request.

Businesses

*Limit access to checks.

*Keep checks in a secure location.

*Purchase custom checks with such built-in security features as watermarks, fluorescent fibers, backgrounds that show "VOID" when photocopied or paper that makes erasures and alterations apparent.

*Employ a warning border on checks with security features.

*Require multiple signers on checks over a set amount.

*Provide your community banker with a written list of anyone authorized to make pay/no pay decisions.

*Maintain accurate records and perform timely statement verification.

*Explore positive pay, which allows a company's check printed file to be matched to the community bank's check authorized file.

*Tell your community banker about the security features of your checks.

*If check fraud occurs notify your community bank and close the affected account.

NAPS

How to Hire a Mover

Americans are just mad about moving. Studies show that the average American lifespan includes about 11 moves.

"Hiring a mover to deliver the goods on time and intact is a high-risk venture that deserves careful research," says Richard Roll, president of American Homeowners Association (AHA). "Before you pack everything you own into a truck, make sure your belongings and your money are going with the right mover."

Get estimates from at least three movers. That means having a representative visit and inspect the items to be moved.

Beware of "seat-of-the-pants" estimates delivered over the phone, they are nothing more than glib promises.

Remember that local movers generally charge by the hour while long-distance movers charge by weight. A binding estimate is more predictable and less flexible. You'll know the final price, but you won't be able to add items without paying more.

A non-binding estimate allows adjustments in the shipment, setting the final cost according to weight.

After comparing costs, your next priority will be establishing their credentials.

First, get at least three customer references and ask the customers very pointed questions, such as, were the pick-up and delivery made on time?

How did the company respond to problems or concerns, such as damage to the home or possessions?

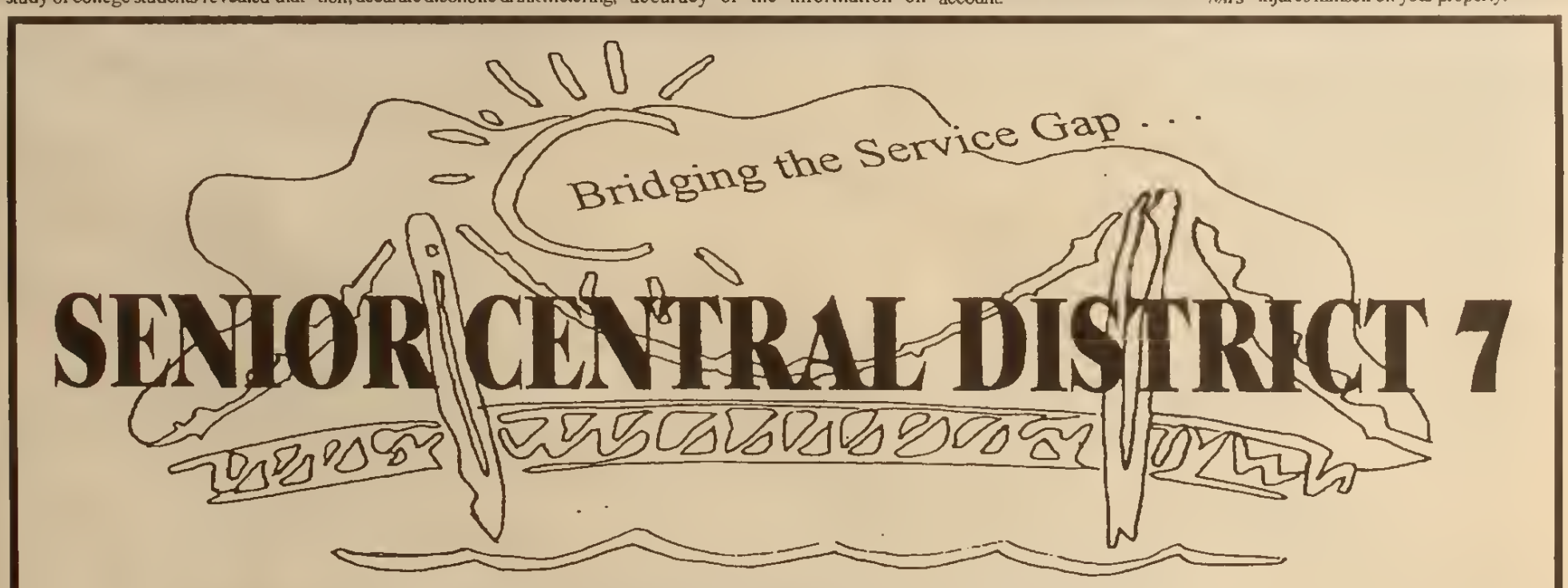
Next, ask to see a license from the Interstate Commerce Commission (ICC), the federal licensing agency for movers.

Proof of insurance is required for every licensed mover, and provides you with basic protection in the event of loss or damage to your possessions.

Especially verify that the lowest bidder has a license. Insist on seeing the paperwork.

Don't hire on a promise and find out later that your mover has no license or insurance.

Ask to see proof of worker's comp, too. Worker's compensation insurance will help in the event that an employee injures himself on your property.



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The 2001 Homeowner and Renter Assistance Program
filing season continues through October 15, 2001.

The Homeowner and Renter Assistance (HRA) Volunteer Program provides free, easily accessible assistance to individuals (claimants) who need help in preparing their homeowner assistance, renter assistance or property tax postponement claim forms. Claimants must be a United States citizen or designated alien and 62 or older, blind or disabled and have a total household income of $35,251 or less.

Senior Central District #7 is a Volunteer Site. For more information please call (415) 330-1789.
We are located at 50 Raymond Ave between Bayshore Boulevard and Alpha Street.

Grapevine Puzzler — Alameda County Towns

C	S	A	D	F	E	T	G	X	Z	C	T	X	C	X	V	B	G	R	O
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Newark
Oakland
Piedmont
Pleasanton
San Leandro
San Lorenzo
Sunol
Union City

Historic Proportions

Match clues to answers.

1946

1. New atomic bombs were tested here on July 25.
2. Metaphor first used Mar. 5 in speech describing Russian ideology.
3. Super calculator announced by U.S. govemment.
4. Doctor published revolutionary child care book.
5. International tribunal here on Oct. 1 sentenced Nazi war criminals.
6. Country changed from monarchy to a republic on June 28.
7. NFL champions on Dec. 15.
8. U.S. suffered a severe food problem in the fall.
9. First film festival here on Sept. 20.
10. Four month strike ended Mar. 13.
11. Independent republic was declared on July 4.
12. Anti-British demonstration here on Feb. 23 drew 300,000.
13. World Series winners on Oct. 15.
14. First session of assembly opened Jan. 10.
15. Elected president Mar. 2 of Democratic Republic of Vietnam
16. Contact made with moon on Jan. 10 in radar test.
17. Elected president of Argentina on Mar. 28.
18. U.S. Marines landed here May 2 to battle armed convicts.

A. United Nations
B. General Motors
C. Ho Chi Minh
D. Chicago Bears
E. The Philippines
F. U.S. Army Signal Corps
G. St. Louis Cardinals
H. Iron Curtain
I. ENIAC
J. Alcatraz
K. Dr. Benjamin Spock
L. Meat shortage
M. Juan Peron
N. Bikini
O. Nuremberg
P. Italy
Q. Cannes
R. Calcutta

Answers: 1-N; 2-H; 3-I; 4-K; 5-O; 6-P; 7-D; 8-L; 9-Q; 10-B; 11-E; 12-R; 13-G; 14-A; 15-C; 16-F; 17-M; 18-J.

Sez Who?

Match quotes to speakers.

1. "Decide promptly, but never give your reasons. Your decisions may be right, but your reasons are sure to be wrong."
2. "Never bear more than one trouble at a time. Some people bear three kinds – all they have had, all they have now, and all they expect to have."
3. "The reason so many people never get anywhere in life is because, when opportunity knocks, they are out in the backyard looking for four-leaf clovers."
4. "Always forgive your enemies. Nothing annoys them so much."
5. "If you don't run your own life, somebody else will."
6. "Respect for the vulnerability of human beings is a necessary part of telling the truth, because no truth will be wrested from a callous vision or callous handling."
7. "It is one of the great troubles of life that we cannot have any unmixed emotions. There is always something in our enemy that we like, and something in our sweetheart that e dislike."
8. "Experience is not what happens to you; it is what you do with what happens to you."
9. "Nothing is more dangerous than an idea, when it is the only idea we have."

A. Oscar Wilde
B Anais Nin
C. Lord Mansfield
D. John Atkinson
E. Aldous Huxley
F. Walter P. Chrysler
G. Alain
H. William Butler Yeats
I. Edward Everett Hale

Answers: 1-C; 2-I; 3-F; 4-A; 5-D; 6-B; 7-H; 8-E; 9-G.

Five Years Ago In the Grapevine

SEPTEMBER 1996

*The Trust for Public Land updated a community workshop Aug. 17 held to assess recreation and open space needs in Visitacion Valley.

*Valley neighbors celebrated the last game of a youth baseball league Aug. 17 with a jamboree at Herz Playground where 180 participants received trophies.

*Community Boards celebrated its 20th anniversary July 29 with the unveiling of a photo mural at City Hall.

**Friends of McLaren Park* held regular meetings to evaluate recommended improvements to the City's second largest park.

Sump, the Grump

Being Driven to Distraction Behind the Wheel

by Mory Katz

It's a fairly common scene. A man is seated talking to his wife, each drinking a cup of coffee. He's balancing a donut on his stomach and takes a call on the phone. The CD player is turned up and he's continually trying to quiet the kids and stop them from tossing the football around. It could be your average American living room on a Saturday night. Only the scene is not taking place in their home. He and his family are just two feet away from you – driving 60 miles an hour with 3,000 pounds of steel under him. And the last thing on his mind is driving.

The auto insurance industry has a special interest in people like him. When distracted drivers absent-mindedly veer into the next lane or rear end the car ahead, they cost policyholders not only millions of dollars a year, but also far too many lives. There has been a lot of anecdotal evidence and much talk in the halls of state and local legislatures regarding the dangers of driving distractions. But, the results and analysis of the Response Insurance National Driving Habits Surveys have for the first time given credence to a perception among drivers that has been growing over the last couple of years: American drivers are preoccupied and distracted and they are now one of the greatest dangers on the road today.

When asked what drivers fear the most about other drivers, aggresive driving and drunk driving are now taking second and third place to the fear that the other driver is simply not paying sufficient attention to the road. Unfortunately, their fears are well-founded. People are putting a higher priority on making better use of their time than getting to their destination safely. The survey revealed that 76 percent of all drivers engaged in activities that take their attention from the road. In many cases the distractions have resulted in accidents or near-accidents.

According to the survey, 57 percent of drivers are eating hile on the road, 32 percent are reading and writing, and 17 percent are combing hair. Amazingly, 20 percent are so busy behind the wheel, they admit to having steered the car with their thighs.

We have all observed the driver swerving from lane to lane without looking, slowing down and then speeding up for no apparent reason, or sailing through an intersection oblivious to the world around them. "What are they thinking?" you wonder to yourself. When you pull ahead to get out of their way, you see the cell phone at their ear and it all begins to make sense to you.

Cell phone use while driving has been receiving much of the attention of late and with good reason. Although the survey revealed American drivers being distracted by many activities, the results clearly point to the inherent dangers of cell phone usage while driving.

Twenty-nine percent of those interviewed indicated they routinely phone and drive and 13 percent of them r3ported it has either caused or nearly caused them to get into an accident. As the problem becomes increasingly worrisome and commonplace, local and state govemments are being implored to act. Many are responding with restrictions, particularly upon the use of hand-held cell phones. However, that response may be misplaced. There is no evidence that the physical act of holding a phone and punching in the number are the principle causes of this current rash of erratic and inattentive driving. Other, more physical challenging activities, such as eating, drinking, and combing one's hair result in half the number of incidents. If they are being honest with themselves, every driver, whether a cell phone user or merely an observer o the scene, knows that it is the mental distraction of being engaged in a conversation that is the problem. The detached nature of telephone communication demands added attention by the participants. Unfortunately, it is a demand that can have tragic consequences on the road.

This country went through a similar challenge a few years ago regarding drunk driving. Laws prohibiting driving with an open bottle of beer or alcohol and driving over the legal blood-alcohol limit had been on the books for decades. But what began turning the tide in the battle against driving while intoxicated was a massive education campaign by the private and public sector to change the mindset of the public.

There is a new battle currently underway on America's roads. This one is literally a battle for the drivers' mind. As cars become extensions of the home and office and continue to be loaded-up more accessible, by automakers with "amenities" that make multi-tasking drivers are increasingly engaging in activities that take their hands, and more importantly their focus of attention, off the road. It is a battle that will not be won by making eating, drinking coffee, listening to the radio or talking on a hand-held cell phone illegal. The battle will be won by convincing drivers that paying attention to the road is more important than juggling a sandwich, putting every hair in place or even letting your spouse know that you'll be home in five minutes. This is a battle that all drivers have an interest in winning.

Mory Katz is chairman of Response Insurance

Do I Need a Tetanus Shot?

You may already be aware that stepping on a rusty nail or a puncture wound could cause a tetanus infection, a bacterial disease that affects the nervous system and is often fatal.

What you may not know is that tetanus bacteria can also enter the body even through a tiny pinprick, a scratch from an animal, splinters, bug bites and even burns that break the skin.

"Your best defense against tetanus is vaccination," said Kathleen Clem, MD, of the American College of Emergency Physicians. "Although vaccination has made this disease uncommon in the United States, too many people, especially infants and the elderly, still die from tetanus."

Tetanus vaccination is one of the recommended childhood immunizations and should begin during infancy. In most parts of the United States, tetanus immunization is required before starting school.

The first time you are vaccinated, you will receive a series of five shots spread out over several months. Generally, children start vaccination at 2 months of age and the shots are usually completed by age five. After those first series of shots, you should receive a booster shot every 10 years.

If you step on a nail or suffer a wound that is deep and dirty, and haven't had a tetanus shot in the past 10 years, you need help fast. Seek medical attention immediately and rinse the wound with tap water. Do not cleanse with soap or apply antiseptic to a deep wound.

Besides a tetanus shot, your doctor may also give you an injection of something called tetanus immune globulin, which acts fast to prevent infection. There is a small window of opportunity for the tetanus immune globulin to work, so don't delay seeking medical care.

Be aware of the first signs of tetanus infection. Also known as lockjaw, tetanus causes stiffness of the neck, difficulty swallowing, rigidity of abdominal muscles, spasms, sweating and fever. Symptoms usually begin eight days after the infection, but occur anywhere within three days to three weeks.

"It is important to keep an immunization record for everyone in the family," said Dr. Clem. "One of the main reasons people die from this disease is because they didn't realize their vaccination had expired."

To obtain a free Immunization Record form, send a self-addressed, stamped envelope to Immunization Record Form, ACEP, 2121 K Street, NW, Suite 325, Washington, D.C. 20037. *NAPS*

As a Matter of Fact

*Only one in five diamonds mined is of gem quality.

*Bifocal contact lenses were introduced in 1958.

*May Day, as used in radio communications, is an Anglicized spelling of the French phrase M'aidez, meaning "Help me."

*Brothers William Rose Benet and Stephen Vincent Benet each won Pulitzer Prizes for poetry in 1940.

*John Le Carre is the pen name of David John Moore Comwell.

*Heels first appeared on shoes in 1535.

*The state bird of Utah is the sea gull.

*The island nation of Jamaica gets its name from an Indian word meaning "island of springs."

*British actor Boris Karloff's real name was William Henry Pratt.

*Dutch optician Zacharias Janssen invented the compound microscope in 1590.

*The world's first public opera house opened in Venice in 1637.

*The Japanese word *karate* means "empty-handed."

*The first waffle restaurant was opened by James Shoney in 1735.

*Ludwig von Beethoven studied with both Mozart and Haydn.

*The clerihew, a humorous, pseudo-biographical poem, is anmed for English writer Edmund Clerihew Bentley.

*The word taxi is a shortened form of taximeter cab.

*It is believed Sir David Brewster invented the kaleidoscope. He received a patent for it in 1870.

*Pancake Tuesday is the old British name for Shrove Tuesday, the day before Ash Wednesday.

*The ancient druids believed that mistletoe could cure sickness, and could shield people from witches and ghosts.

*The language with the most letters in its alphabet is Cambodian, with 74.

*The water in Utah's Great Salt Lake is between four and seven times saltier than ocean water.

Try This Water Quiz

Health and nutrition experts recommend drinking eight or more eight-ounce servings of water-that's just four half-liter bottles-each day. Meanwhile, nearly three-quarters of Americans know they need to "drink up" when it comes to water, but only 34 percent actually get the recommended amount each day.

What about you? Are you getting your fill? Have fun testing your water knowledge with this quiz from Dannon Natural Spring Water:

1. How much of the body is made up of water? a. 1/3; b. 1/2; c. 2/3.
2. About how much water does your body lose each day? a. 1-2 pints; b. 2-3 quarts; c. more than a gallon.
3. True or false? You should wait until you're thirsty to drink water.
4. How much water should you drink following a workout? a. the same as usual; b. an extra cup per pound lost; c. an extra two cups per pound lost.
5. True or false? Women who are pregnant or nursing should drink at least 10 servings of water a day.
6. Beverages containing which of the following are considered diuretics, causing the body to lose water? a. alcohol; b. caffeine; c. sugar.
7. What federal agency regulates bottled water? a. Food and Drug Administration; b. U.S. Geological Survey; c. Health and Human Services.

Answers

1. c. 2. b. 3. False. If you're thirsty, you're already dehydrated. Plus, in warm weather, or when you're highly active, you need to drink even more water-adapt your intake to your physical activity and surroundings. 4. c. 5. True. The extra water helps maintain fluid balance. 6. a and b. 7. a.

To make drinking water as convenient as possible, consider carrying a bottle of Dannon Natural Spring Water with you in the car or keep one in your desk at work. Take a refreshing bottled-water break instead of a coffee break.

To learn more about the benefits of drinking sufficient water and find health-related water tips, check the labels of Dannon Natural Spring Water. You can also find additional hydration information at www.dannonwater.com. *NAPS*

Visitacion Valley Police Log

*June 29: 2:50 a.m., 000 block of Cora St., robbery on street with gun.

*July 4: 1 a.m., 000 block of Britton St., robbery, armed with gun.

*July 5: 8:06 a.m., Geneva and Brookdale Aves., robbery on street, strong-arm.

*July 11: 10:15 a.m., 300 block of Schwerin St., aggravated assault with bodily force.

*July 12: 9:15 a.m., 3200 block of San Bruno Ave., burglary of residence, unlawful entry.

*July 12: 10:45 a.m., 400 block of Campbell Ave., burglary of residence, forcible entry.

*July 13: 12 noon, 300 block of Leland Ave., burglary of residence, forcible entry.

*July 14: 8:50 p.m., Sunnydale Ave. & Hahn St., robbery, bodily force.

*July 15: 7:04 p.m., 2000 block of Sunnydale Ave., burglary, forcible entry.

*July 16: 11:04 p.m., 2200 block of Bayshore Blvd., aggravated assault with bodily force.

*July 17: 5:20 p.m., Garrison Ave. & Schwerin St., attempted robbery on street, bodily force.

*July 20: 10:16 a.m., 000 block of Delta St., burglary, hot prowl, attempted forcible entry. *July 20: 6:20 p.m., Sunnydale & Garrison Aves., aggravated assault with gun.

*July 21: 6:45 a.m., 200 block of Argonaut Ave., grand theft from locked auto.

*July 23 10 a.m., 300 block of Leland Ave., burglary, residence under construction, forcible entry.

*July 23: 3:55 p.m., 000 block of Blythdale Ave., aggravated assault with deadly weapon.

*July 24: 2 p.m., Geneva Ave. & Santos St., grand theft from building.

*July 24: 7 p.m., 3400 block of San Bruno Ave., grand theft from building.

*July 26: 10:30 p.m., 1800 block of Sunnydale Ave., burglary of residence, forcible entry.

*July 28: 7:15 a.m., 400 block of Argonaut Ave., grand theft from locked auto.

*July 28: 2 p.m., 1800 block of Sunnydale Ave., burglary of residence, forcible

*July 29: 2:35 p.m. 1800 block of Sunnydale Ave., burglary of residence, forcible entry.

*July 30: 5 p.m., 400 block of Argonaut Ave., aggravated assault with deadly weapon.

*July 31: 1 p.m., Sunnydale and Persia Aves., aggravated assault with deadly weapon.

*August 1: 3 p.m., 000 block of Brookdale Ave., burglary of residence, forcible entry.

*August 4: 3:30 p.m., Santos St. & Brookdale Ave., robbery, bodily force.

*August 7: 1:58 a.m., 100 block of Blythdale Ave., grand theft from person.

*August 8: 4 p.m., Geneva Ave. & Santos St., robbery on street, strong-arm.

*August 8: 5:50 p.m., 300 block of Leland Ave., burglary, residence under construction, forcible entry.

Kansas City Barbecue Ribs theThrill of the Grill

Grilling is one of America's most popular food-related activities. It beckons more and more Americans to their backyards each year. Grilling, or barbecuing as it is referred to in some parts of the country, is hotter than ever!

In fact, according to the Barbecue Industry Association, 75 percent of U.S. households own a barbecue grill and 57 percent of those who own grills use them year-round. We relax with family and friends in the yard and enjoy our favorite foods-from meats to fish and vegetables straight off the flame.

Americans love grilling because they are looking for easy dinners that require minimal clean-up and offer healthy alternatives. Even restaurants touting fresh grilled goods are getting rave reviews.

Adding to the trend, indoor grills are creating a stir in mealtime planning. This is an excellent, safe way to continue to grill year round-allowing, for example, a taste of summer in January-right inside your kitchen. Just don't try to improvise by using your outdoor grill inside. Using an outdoor grill in a tent, trailer, garage or enclosed area can create lethal amounts of carbon monoxide.

Ribs are a grilling favorite, especially for a casual backyard barbecue. They can be pre-cooked (oven-braised), creating a great make-ahead recipe. This recipe only requires ten minutes of grill time. Tools that make this job easier are tongs and a basting brush such as those the Pampered Chef« offers. Serve with deli coleslaw, corn on the cob, watermelon wedges and frosted brownies for a tasty summer meal.

Kansas City BBQ Ribs

Prep time: 20 minutes, Cook time: 1 hour, Grill time: 10 minutes

Ribs: 4-1/2 to 5 pounds pork baby back ribs (2 slabs); 5 garlic cloves, pressed; 1-1/2 teaspoons Pantry Lemon Pepper Seasoning Mix; 3 cups tomato juice.

Sauce: 1-1/2 cups ketchup; 1 cup packed brown sugar; ½ cup cider vinegar; 1/4 cup Worcestershire sauce; 1 teaspoon chili powder.

1. Preheat oven to 400 F. For ribs, cut each slab into thirds using Kitchen Shears and place in Rectangular Lid/Bowl. Press garlic over meaty sides of ribs using Garlic Press; spread with Skinny Scraper. Sprinkle with Seasoning Mix. Carefully pour tomato juice around ribs; cover with Rectangular Baker. Bake 1 hour. Carefully remove Baker from Lid/Bowl. Remove ribs from Lid/Bowl. Discard tomato juice.

2. Meanwhile, for sauce, whisk together all ingredients in Petite Saucepan using Nylon Spiral Whisk. Bring to a boil over medium-high heat; reduce heat to medium-low and cook 10 minutes, stirring occasionally. Reserve 3/4 cup sauce for serving with grilled ribs.

3. Prepare grill for cooking at medium temperature. Place ribs, meaty side up, on lightly greased grid of grill. Brush with half of remaining sauce using Barbecue Basting Brush. Cover; grill 5 minutes. Turn ribs over using Barbecue Tongs; brush with remaining sauce. Continue grilling, covered, 5 minutes. Reheat reserved sauce and serve with ribs.

Yield: 6 servings

Cook's Tips: Baby back ribs are really pork loin back ribs that are shorter, thus making them easier to hold when eating. Pork loin back ribs will work equally well in this recipe.

Ribs can be baked up to 2 days before being grilled. Wrap tightly and refrigerate until grilling time. The sauce can be prepared at the same time. Refrigerate in covered container.

If using a charcoal grill, light charcoal briquettes and allow about 30 minutes for coals to reach a medium cooking temperature. The surface of the coals will be ash-covered. Coals should be spread in a single layer. If using a gas grill, consult the owner's manual for heating directions.

To learn more about the Pampered Chef and to find a nearby Kitchen Consultant call (800) 266-5562 or visit http://www.pamperedchef.com. *NAPS*

Russell Athletic's Simple Formula to Optimal Health

According to the "For the Long Run" survey, the number one reason men and women stay active is to live a healthy life. However, experts believe that to ensure optimal health, men and women must also get an adequate amount of sleep and eat a balanced diet.

Sleep

If you hit the snooze button every morning or feel drowsy anytime during the day, you probably haven't had enough to sleep.

Studies suggest that one out of every two people suffers from sleeplessness at some point.

Our bodies need sleep, just as they need water, food and air. The right amount of sleep helps us feel refreshed and alert. On average, most adults require seven to eight hours of sleep each night. That's why it is important to maintain a consistent sleep schedule-waking up and going to bed at the same time, every day of the week.

Having trouble getting to sleep? New research shows that people who exercise regularly tend to fall asleep faster and sleep longer. However, be sure to time your exercise at least five hours before bedtime because lower body temperature aids in sound sleep.

Balanced Diet

Together with rest, a well-balanced diet will ensure a healthy lifestyle. The Food Guide Pyramid recommends eating each of the following every day.

*Bread, cereal, rice and pasta (6-11 servings)-These foods are made of complex carbohydrates, a key source of energy. These foods are also high in fiber, which aids in digestion. They help protect against colon and other cancers and heart disease.

*Vegetables (3-5 servings)-Excellent sources of carotenoids, vitamin C and folate-a B vitamin that can reduce the risk of certain serious and common birth defects. Researchers have found that eating five servings of vegetables per day is related to a 30 percent lower risk of ischemic stroke in men and women.

*Fruits (2-4 servings)-Rich sources of vitamins, especially vitamin C, which helps produce collagen. Collagen is a protein that protects blood vessels, joints, organs and muscles, teeth, bones and a lot more. Avoid fruits processed with heavy syrups and sugar-sweetened juices.

*Milk, yogurt and cheese (2-3 servings)-These foods are f illed with calcium, protein and vitamin B12. Calcium strengthens bones and teeth; without it, your body begins taking the calcium you need from your bones. This results in weak bones, commonly called osteoporosis.

*Meat, poultry, fish, eggs and nuts (2-3 servings)-High in protein, iron, zinc and B vitamins. Proteins are important for building muscle tissue and aiding the immune system. High in protein, nuts have been linked to lowering the risk of clogged arteries and heart attacks.

*Fats, sweets and oils-Eat sparingly. These foods add nothing but calories to your diet. Limit your intake. Use vegetable oil because it is a rich source of vitamin E. Unsaturated fat is good because it helps reduce cholesterol levels. Saturated fat leads to heart disease.

Optimizing your health is as easy as 1-2-3. Feel great every day with a combination of sleep, a balanced diet and regular exercise.

The "For the Long Run" survey was sponsored by Russell Athletic, a division of Russell Corporation, an international consumer products company specializing in activewear, casual wear and team uniforms. To learn more about the company, visit www.russellathletic.com. To find a virtual workout partner, visit *NAPS*

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, VVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture; writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.

BEEN THERE...DONE THAT! The Visitacion Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work–Job Readiness Training." Classes are conducted by sensitive community trainers from Visitacion Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.

GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page $75; 1/2 Page $40; 1/4 Page $22.50; 1/8 Page $12.50; 1/12 Page $7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. ***Want Ads:*** 20 words for $1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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San Francisco City Meetings

Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2 nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5.30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p.

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m.; **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m. USDA Food Distribution Day is last Thursday of every month.

San Francisco City Services

ABANDONED CARS	781-JUNK
ANIMAL CONTROL	554-6364
BUS SHELTER DAMAGE	882-4949
CITY TREES (trimming)	695-2162
CRIME-STOPPERS (anonymous)	1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE	864-4722
DPW (days) 695-2017; (nights/weekends)	695-2020
EMERGENCY SERVICES	9-1-1
EMERGENCY SERVICES (cell-phone)	553-8090
GARBAGE SERVICE COMPLAINTS	255-3610
GRAFFITI CLEANUP (DPW)	241-WASH
GRAFFITI SUSPECT INFO	553-1603
INGLESIDE STATION (Anonymous 333-3433)	553-1603
LELAND AVENUE RESOURCE CENTER	585-2675
MAYOR'S OFFICE	554-7111
MAYOR'S NEIGHBORHOOD SERVICES	554-6110
NARCOTICS TIP LINE (anonymous)	1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT)	553-1200
POLICE (non-emergency)	553-0123
POTHOLE REPAIR	695-2100
SAFE (neighborhood watch groups)	673-SAFE
STREET LIGHTING CITY (out of order)	554-0730
STREET LIGHTING PG&E (wood poles)	693-3201
SUNNYDALE RESOURCE CENTER	586-7572
TRAFFIC SIGNALS (out of order)	550-2736
TRAFFIC ENGINEERING	554-2300
VVMS ANNONYMOUS HOTLINE	281-8406

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS
ASIAN OISCUS AQUARIUM, t30 Leland Ave., 333-0772

AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880

BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501

BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE QUIAPO BAKESHOP, 169 Leland Ave., 239-2253

BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709

BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156

BLIND CLEANING
SPEEOY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506

BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693

BOOKKEEPERS
AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333

CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382

CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500

CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503

CLOTHING
SPONA, 9 Leland Ave., 239-9631

DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353

DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500

DEVELOPERS
GENEVA VALLEY DEVELOPMENT CORP., 333 Schwerin St., 587-7895

ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657

FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave. 468-0145

GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990

GROCERS
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wilde St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPER MARKET, 65 Leland Ave., 239-7520

HERBS
KWOK HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN ON HERBS, 33-A Leland Ave. 333-7469

HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850

LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030

LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320

LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270

LODGING
THRIFTLODGE, 2011 Bayshore Blvd., 467-8811

MANUFACTURER
NATIONWIDE PAPER, 345 Schwenn St., 586-9160

MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, t704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments: 715-0310
DR SAM HO, MD, 9 Silliman St. No. 4, 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE,
82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500

NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900

ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499

PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-581t

PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620

PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401

POST OFFICE
VISITACION U.S.P.O., 68 Leland Ave., (800) 275-8777

REAL ESTATE
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
HENRY SCHINOEL, 239-5850

RESTAURANTS
CLIFF'S BARBECUE, 2177 Bayshore Blvd. 330-0736
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433

SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608

SERVICE PROVIDERS
THE VILLAGE, 333 Schwenn St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBESST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866

SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216

SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700

TAVERN
THE CLUB HOUSE, 25 Blanken Ave.

VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Why Your Privacy is Constantly in Danger through Financial Institutions

by Senator John Burton

Did you know current law permits banks, insurance companies, and other financial institutions that you do business with to share your personal information with other corporations? This information may include credit card and bank account records, medical records, and social security numbers.

The Gramm-Leach-Bliley Act, passed by the U.S. Congress in 1998, gives financial institutions the ability to merge their operations and share information that was formerly held privately by each separate company. These companies must notify you once a year to advise you they are sharing this information with their affiliated companies, but under current law there is nothing you can do to stop it. These companies are also allowed to share private customer information with non-affiliated third parties, unless the consumer "opts out" of such disclosure.

The opt-out requirement means the burden is on you to respond to these notifications by saying that you don't want your privacy violated. Each notification will likely arrive buried amid other statements and forms, written in muddy legalistic language. Most people will never bother to read them, and give up privacy rights without even knowing it.

What can you do to protect yourself?

Read your mail carefully. Carefully review all preprinted notices you receive in the mail from any company with which you do financial business that has access to sensitive personal information. By July 1, 2001, you should have received a privacy notice from every financial instituiton where you have an ongoing customer relationship. The American Bankers' Association has estimated that the average household will receive about 18 notices.

Each notice will include instructions for "opting-out" of sharing information with other companies. Remember: if you do not want your financial institution to share or sell your confidential information, the burden is on you to recognize the notice and follow the opt-out instructions.

Support legislation that puts the burden where it belongs – on the corporations that profit from sharing our information.

A bill currently before the California Legislature, SB 773, would force financial institutions to seek your permission before sharing your personal information with other companies. This places the burden back on the corporations to ensure that your privacy is not violated. This bill also provides that consumers have access to the confidential information that is proposed to be disclosed in order to review the information for accuracy.

A 1999 poll by the American Association of Retired Persons found that 81 percent of those surveyed opposed the sharing of customer data by corporate affiliates. SB 773 is supported by the California Public Interest Research Group, the American Civil Liberties Union, the Congress of California Seniors and Consumers Union. Because of the financial power of the industries involved, however, this bill faces a tough battle. We passed it out of the State Senate, but it stil needs approval in the Assembly and the Governor's signature before its important privacy protections can become law. Consumers should opt in and share their support for SB 773.

Environment Information at Your Fingertips

by Mark Westlund

Have you ever wondered what to do with your half-empty paint cans, how to plant a tree in front of your building, or what to do when you see a car that's trailing a noxious plume of exhaust down Van Ness Avenue?

You can find answers to these questions and more at the Department of the Environment's new website, www.sfenvironment.com. We've compiled a complete list of environmental services provided by the City – and because there are so many municipal, state and federal agencies that provide environmental services we've conveniently grouped information by type of service, not simply by the agency's name.

For instance, to find out about that exhaust-spewing car, you would go to the www.sfenvironment.com homepage, click on "Environmental Services," select "Air Quality" from the menu options, then discover straightaway that the Bay Area Air Quality Management District has a hotline for reporting dirty vehicles: 1-800-EXHAUST.

If web surfing isn't your thing, don't worry. We've also put together a print version of the directory, *A Guide to San Francisco Environmental Services*.

Both www.sfenvironment.com and the printed guide also list regional environmental non-profit agencies, museums, and educational facilities, including volunteer opportunities. Topics cover the environmental gamut from Air Quality to Zoning.

The website includes a wealth of other helpful features, including a directory of San Francisco's environmental legislation, information about Department programs, a calendar of upcoming environmental events sponsored by the City and agendas for upcoming Commission on the Environment meetings.

Also, in an effort to provide as much useful information as possible, we have included a directory of "green" products. You can find out where to buy non-toxic cleaning products, recycled paper, wood with an environmental seal of approval, organic vegetables – and even find out which investment firms offer socially responsible investment opportunities.

My favorite section of www.sfenvironment.com is the "Environmental Victories" section. Here, we brag a bit about some of the good things that we've been able to accomplish as a city.

Did you know that since 1997, we've reduced overall pesticide use in San Francisco by over fifty percent, and that we've cut out all of the most toxic pesticides? Or that we have ten state-of-the-art "green" building-projects underway, which will set the example for other cities to follow?

And how 'bout our groundbreaking mercury pollution reduction efforts? Did you know that San Francisco's recent ordinance banning mercury fever thermometers – they're a leading source of mercury pollution in the Bay when disposed of improperly – is the basis for similar legislation now in the works on the state and national levels?

You can find out about all of these victories, and several others that I'll leave for you to discover on your own, at www.sfenvironment.com.

Not to be immodest, but San Francisco has a lot to be proud of. Working together, we are leading the nation on many environmental fronts, and can lay the groundwork for healthier, "greener" tomorrows.

After all, our city functions like a natural ecosystem. Our citizens are wonderfully diverse, and individual city departments such as Public Works, Solid Waste, and Environmental Health Services provide services that each is uniquely suited to deliver. We at SF Environment hope that you will take advantage of the information available at www.sfenvironment.com, and in our *Guide to Son Francisco Environmental Services* to gain full access to the wide range services our city has to offer.

"Preserving and improving our environment is a cooperative effort that involves all San Franciscans," said Mayor Brown. "San Franciscans should be proud of the environmental legacy that we have inherited from our ancestors. We must honor that legacy by making sure the incredible quality of life we enjoy today will still be available to future generations of San Franciscans."

Mark Westlund coordinates public outreach for SF Environment, the City's Department of the Environment

Free Environmental Guide

The *Guide to San Francisco Environmental Services* is available free of charge. To obtain a copy, visit SF Environment's civic center office at 11 Grove Street (across from the main public library). To have a copy mailed to you, please call 415-554-6390, or write: "Guide to San Francisco Environmental Services, Department of the Environment, 11 Grove Street, San Francisco, CA 94102."

Buyers Should Beware of Health Claims on the Internet

A former healthcare practitioner from Seattle had several reasons for complaining to the Arizona Attorney General about a website touting an AIDS cure. He knew that the claim was bogus: Scientists have yet to discover a cure for AIDS. And he knew that the $1,100 charge for a six-week "treatment" to cure the disease was tantamount to stealing. But the "clincher" was the claim that the product was "100-percent guaranteed."

The man, who asked that his name not be used, said the guarantee could lead people who used the product to think they had been cured when they hadn't, a fact that could cause them to put others at risk for HIV infection.

False promotions like this have the Federal Trade Commission (FTC) concerned, too. "These bogus claims put consumers' health at risk," says Howard Beales, Director of the FTC's of Consumer Protection. "And with millions of Americans going to the Internet for health information, it's doubly troubling."

In recent years, the FTC and other law enforcement agencies have stepped up efforts to prevent the proliferation of false health claims on the Internet: They're using the latest tchnology to track down fraudulent marketers quickly and efficiently and hringing enforcement actions when appropriate. But Internet health scams are still too common, so the FTC also is educating consumers on how to shop safely online for health products and encouraging them to

talk to their doctor or other healthcare provider about the safe use of supplements and other alternative health products. They're also encouraging the public to report suspicious health claims to government fraud fighters.

The complaint the Seattle man filed, for example, prompted the Arizona Attorney General to charge a local marketer with peddling a bogus AIDS treatment. The claims were removed from the website.

The Lure of the Internet

The Internet offers health product hucksters low-cost access to a huge market. A recent study found that more than 90 million Americans use the Internet to find health-related information. Online marketers – legitimate as well as fraudulent – market their products through websites, spam and chat rooms. The cost is reasonable.

"A marketer can design and post a website for a lot less money than it takes to buy ad space in traditional media," FTC senior attorney Richard Cleland says. Marketers also place misleading metatags on their Internet sites to increase the likelihood that their product will turn up on search engines.

This is among the charges the FTC brought against an Internet marketer of a shark cartilage product promoted as a cancer treatment without adequate substantiation. The FTC charged that the marketer had embedded the terms "non-toxic cancer therapy," "cancer treatment" and "cancer survivor" in the site's metatags to improve the chances of online users seeing the website.

Cure-all Claims

Whether made on- or offline, fraudulent health claims typically deal with serious diseases, such as AIDS, cancer, heart disease, multiple slerosis, diabetes and arthritis, as well as chronic medical conditions like headaches and back pain. Often, exaggerated claims are used to promote products like DHEA (a hormone supplement), Cat's Claw (an herbal product), and colloidal silver, as well as diagnostic tests, such as electrical "zappers." Cases investigated by the FTC and state law enforcement agencies have involved unsubstantiated claims for the health benefits of shark cartilage, Essiac herbal tea, colloidal silver and electrical therapy devices.

"A health fraudster's stock technique is to exaggerate the science," Cleland says. "Legitimate marketers know they need appropriate substantiation to show that a product will do what it claims."

Fighting Health Fraud

Why the concern about health fraud? Like other fraud, it cheats consumers out of their money and harms legitimate marketers striving to compete fairly. Health fraud often targets the very sick and even desperate consumers who may even be lured away from treatments that have proven benefits. It can mislead people who use an advertised "cure-all" product into thinking they're disease-free. As a result, they may not seek or continue medical care, receive the drugs or legitimate treatment that could keep them healthier longer, or take precautions to prevent the spread of their disease.

Some products can interact with medicines, causing serious side effects or reducing the medicine's ability to work as it should. And some products may contain harmful substances. In one case, reported in the Annals of Internal Medicine in 2000, a 52-year-old man died from kidney and liver failure, which his doctors attributed to his use of hydrazine sulfate, an unapproved product that had been touted on the Internet for treating cancer.

To combat health fraud on the Internet, the FTC launched Operation Cure. All in 1999. It is an ongoing federal and state law enforcement and consumer education campaign. The FTC has since brought 13 law enforcement actions against Internet marketers for unsubstantiated health claims. One case resulted in a $1 million settlement with the maker of the shark cartilage product promoted as a cure for cancer.

Two other settlements stopped companies from claiming that St. John's Wort was a safe and effective treatment for HIV/AIDS and required warnings about the serious drug interaction risks associated with St. John's Wort. Another settlement required consumer refunds for electronic devices and herbal remedies that were sold as cures for cancer, AIDS, Gulf War Syndrome and many other diseases. All were required to remove their bogus claims from the Web.

In addition, the FTC estimates that more than 100 other websites have taken down their sites or removed their claims after the FTC contacted them.

"These marketers apparently forgot the first rule of advertising law," the FTC's Cleland says. "If you're going to make a claim, you better have solid evidence to back it up."

The Food and Drug Administration's efforts to curtail online marketing of unapproved drugs have resulted in at least 12 product seizures, 11 product recalls, 43 arrests and 22 convictions.

The FDA continues to investigate more than 80 incidences of Internet health fraud and unapproved drug products.

Education efforts – also key in fighting fraud – target consumers, as well as law enforcement. Last year, the FTC launched a program to teach state, local and foreign law enforcers how to investigate Internet-related fraud.

Education for consumers aims to help them learn how to determine the legitimacy of health claims. Two websites can help: the FTC's Virtual Health Treatments website at www.ftc.gov/healthclaims and the FDA's Buying Medicines and Medical Products Online website at www.fda.gov/oc/buyonline/default.htm. The sites give tips on how to spot health fraud and where to report suspicious claims.

"The public is important in the fight against health fraud," the FTC's Cleland says. "If consumers and businesses tell us about problems, we can investigate and take action. Using consumer complaints, we can identify and stop the promotion of fraudulent health claims on the Internet."

Suspicious Claims

Promoters of fraudulent health products often use similar claims and practices to trick consumers into buying their products. Be suspicious when you see:

*Claims that a product is a "scientific breakthrough," "miraculous cure," "secret ingredient" or "ancient remedy."

*Claims that the product is an effective cure for a wide range of ailments. No product can cure multiple conditions or diseases.

*Claims that use impressive-sounding medical terms. They're often covering up a lack of good science.

*Undocumented case histories of people who've had amazing results. It's too easy to make them up. And even if true, they can't be generalized to the entire population. Anecdotes are not a substitute for valid science.

*Claims that the product is available from only one source, and payment is required in advance.

*Claims of a "money-back" guarantee.

*Websites that fail to list the company's name, physical address, phone number or other contact information.

Supplemental Information

Despite the fact that most dietary supplements are advertised and marketed widely, and many are promoted as "natural" or "non-toxic," they shouldn't be taken lightly. Some are potent products that may cause harm and have dangerous interactions with other medications.

Consumers should be very careful about when and how to use supplements. They always should discuss the risks and benefits with their health care professional. For example, some traditional Chinese herbal products have been found to contain aristolochic acid, which has been linked to severe kidney damage. The herb comfrey contains certain toxic alkaloids that, if ingested, can cause serious liver damage and may increase cancer risk.

Drug/supplement interactions also can present a risk to consumers who combine these products without medical supervision. Some online marketers have promoted St. John's Wort as a treatment for HIV/AIDS. But in February 2000, the Food and Drug Administration issued a public health advisory that St. John's Wort interacts with certain medicines, including those used to treat HIV infection, making the drugs less effective.

"St. John's Wort is not a bad product," says Dr. Adriane Fugh-Berman, an assistant clinical professor of health care sciences at George Washington University School of Medicine. "It can be used safely for specific conditions, like mild depression. But in patients taking medicines everyday, its use has to be monitored by a healthcare professional."

The best advice for patients who take prescription medicines: If you're considering an herbal product, talk to your doctor, pharmacist or other healthcare professional. They have the resources and medical knowledge to give you the most current safety information.

The FTC works for the consumer to prevent fraudulent, deceptive and unfoir business practices in the marketplace and to provide information to help consumers spot, stop and avoid them. To file a complaint, or to get free information on any of 150 consumer topics, coll toll-free, 1-877-FTC-HELP (1-877-382-4357), or use the online complaint form. The FTC enters Internet, telemarketing, identity theft and other fraud-related complaints into Consumer Sentinel, o secure, online database avoiloble to hundreds of civil ond criminal law enforcement agencies U.S. and abroad.

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with $3 per person workshop fee (except where noted). Call 554-9600 for further information.

*Sept. 1: Recycle bottles into beautiful and useful *vases*.

*Sept. 8: Let the new Wire Zoo exhibit inspire you as you make a *wire animal*.

*Sept. 15: Make your own *wearable bird, butterfly, or bat wings*.

*Sept. 22: Combine features of known animals to create *imaginary animal puppets*.

*Sept. 29: Use real and paper leaves in your *autumn leaf mobile*.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.